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Missoula Resource Guide

for Individuals Recovering from Heart Attack or Stroke

MONTANA
Department of Public Health & Human Services

MONTANA
CARDIOVASCULAR HEALTH PROGRAM

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Missoula
Resource Guide for Individuals Recovering from Heart Attack or Stroke

If you've had a heart attack or stroke, you're at higher risk of having another one. Other risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation and TIA's (mini strokes) are major risk factors for stroke. The more risk factors you have, the greater your chance of having another heart attack or stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of another heart attack or stroke. This resource guide provides information on programs and services in Missoula to help you make these lifestyle changes.

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This document is also posted on the
Montana Cardiovascular Health Program web site at:

http://montanacardiovascular.mt.gov

Cardiac Rehabilitation

Cardiac rehabilitation (rehab) is a supervised program that includes therapeutic exercise, education and emotional support for people who have had a heart attack, bypass surgery or other type of heart problem. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health. Cardiac rehab usually begins 1-4 weeks after hospital discharge. Physician referral is required and the fees are covered by most health plans.

MONTANA HEART CENTER
COMMUNITY MEDICAL CENTER
2827 Fort Missoula Road
Missoula, MT 59802
Phone: (406) 728-4100

Services Provided: Community Medical Center's Cardiac Rehabilitation program is medically prescribed and supervised. Individual plans are based on heart test results, medical history and physician recommendations. Heart rate, blood pressure, level of exertion and ECG tracings are monitored. Direction on a home-exercise program is given, as well as other lifestyle changes. CMC's multidisciplinary team includes physicians, therapists, nurses, dietitians, pharmacists, and social services professionals.

ST PATRICK HOSPITAL AND HEALTH SCIENCE CENTER
500 W. Broadway
Missoula, MT 59802
Phone: (406) 329-5824

Services Provided: Individualized and medically supervised health programs for people who have had a heart attack, coronary bypass surgery, angioplasty, stent or valve surgery. These programs include physical activity, smoking cessation, nutrition education, and stress reduction.

STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that includes physical activity, education, lifestyle adaptations and emotional support for people who have had a stroke. The goal of stroke rehabilitation is to help you return to daily activities and maintain your best possible physical and emotional health. Physician referral is required and fees are covered by most health plans.

ST. PATRICK REHABILITATION CENTER

4th Floor – Providence Center
902 North Orange
Missoula, MT 59802
Phone: (406) 327-3260

Services Provided: St. Patrick Rehabilitation Center is an acute inpatient rehabilitation facility credentialed by CARF (Commission on Accreditation of Rehabilitation Facilities). It combines clinical expertise of physical, speech and occupational therapies along with social services and 24 hour nursing aimed at helping patients recover from physical and mental changes to return to their home and families at their highest functional ability. St. Patrick Rehabilitation Center offers therapies using Bioness® products. Based on functional electrical stimulation (FES), these products have been clinically demonstrated to minimize the impact of foot drop in some patients, and to provide both functional and therapeutic benefit for some individuals with neurological disorders affecting the function of arm and hand. These products use electrical stimulation to help people regain mobility and independence to improve quality of life and productivity.

REHABILITATION INSTITUTE OF MONTANA

Community Medical Center
2827 Fort Missoula Road
Missoula, MT 59802
Phone: (406) 327-4167

Services Provided: The Rehabilitation Institute of Montana (RIM) at Community Medical Center has Stroke Specialty designation by the Commission on Accreditation of Rehabilitation Facilities (CARF), which is the nation's leading rehabilitation accrediting agency. RIM provides a team of rehabilitation physicians, nurses, therapists, psychologists, dietitians, social workers, case managers and pharmacists who collaborate to provide a coordinated approach to stroke rehabilitation. Rim features a cay treatment program for appropriate individuals needing continuation of care after discharge from the inpatient rehabilitation program and for those whose interventions do not require hospitalization.

DIABETES MANAGEMENT PROGRAMS

Diabetes management programs teach individuals how to manage their diabetes to minimize health complications. Diet, exercise, medication management and glucose monitoring are some of the topics covered. Staff members include nurses and registered dietitians with special training and experience in diabetes management. Individual and group classes may be available. Physician referral may be required and fees may be covered by some health plans.

COMMUNITY MEDICAL DIABETES & NUTRITION CENTER

Diabetes Education Program
2827 Fort Missoula Rd
Missoula, MT 59804
Phone: (406) 327-4325

ST. PATRICK HOSPITAL AND HEALTH SCIENCES CENTER

Diabetes Management Program
500 W. Broadway
Missoula, MT 59802
Phone: (406) 329-5781

WESTERN MONTANA CLINIC

Carla Cox, PhD, RD, CDE
500 W Broadway 6th Floor
Missoula, MT 59804
Phone: (406) 721-5600

NUTRITION EDUCATION/COUNSELING

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly. The counseling is usually individual but may include group classes with topics related to portion control, label reading and goal setting. Physician referral may be required and fees may be covered by some health plans.

COMMUNITY MEDICAL DIABETES & NUTRITION CENTER
Diabetes & Heart Prevention Program
2827 Fort Missoula Rd
Missoula MT 59804
Phone: (406) 327-4325

WESTERN MONTANA CLINIC
Carla Cox, PhD, RD, CDE
500 West Broadway, 6th floor
Missoula, MT 59802
Phone: (406) 721-5600

MARY JEANNE DOYLE, MS, RD, LD
Nutrition Consultant & Registered Dietitian
1001 SW Higgins, Suite 207
Missoula, MT 59803
Phone: (406) 218-8709

SUPPORT GROUPS

MENDED HEARTS – Meetings are held the second Monday of each month at St. Patrick Hospital. Group meetings focus on heart patients and their families. Lectures regarding pertinent topics are included, and this is a free service. Heart healthy refreshments are provided. For more information, call (406) 329-5824.

COMMUNITY MEDICAL CENTER STROKE SUPPORT GROUP – Meets at 7 p.m. the fourth Wednesday of the month.For more information, call (406) 327-4133.

ST. PATRICK STROKE SUPPORT GROUP – Meets the 2nd Thursday of every month, 1:30-3:30 p.m. Free and open to the community. Open to stroke survivors, family members and caregivers. For more information, call (406) 327-3280

ST. PATRICK HOSPITAL DIABETES GROUP – Meets at 4:30 p.m. on the 3rd Tuesday of the month (except for the months of June, July, August, and December) at the Broadway Building Conference Center. For more information, call (406) 329-5781.

WOMEN'S TYPE 1 DIABETES SUPPORT GROUP
Participants are women ages 18-65.
For more information, contact Carla Cox at Western Montana Clinic.
(406) 721-5600.

PHYSICAL ACTIVITY

These programs and facilities can help you to improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.

ACCESS FITNESS
1906 ½ Brooks Street
Missoula, MT 59801
Phone: (406) 728-5515
www.accessfitnessclub.com

BULLET GYM
500 E. Spruce Street #B
Missoula, MT 59802
Phone: (406) 543-7800
www.bulletgym.com

CURVES
425 N. 5th Street W, #3
Missoula, MT 59802
Phone: (406) 543-9735

CURVES
2704 S. Brooks Street
Missoula, MT 59801
Phone: (406) 543-9735

GOLD'S GYM
2425 W Central Ave
Missoula, MT 59801
Phone: (406) 549-9181
www.goldsgym.com/missoulamt

MALLWALKERS
Location:
Southgate Mall Community Room
Phone: (406) 721-5140 ext. 30

MISSOULA FAMILY YMCA
3000 S. Russell
Missoula, MT 59801
Phone: (406) 721-9622

MISSOULA PARKS & RECREATION DEPARTMENT
600 Cregg Lane in McCormick Park
Missoula, MT 59801
Phone: (406) 721-7275
Call for current programs or visit the website at
www.missoulaparks.org

NEW DIRECTIONS
University of Montana
Skaggs Building room 113
Missoula, MT 59812
Phone: (406) 243-4016

PEAK HEALTH & WELLNESS CENTER
5000 Blue Mountain Rd
Missoula, MT 59804
Phone: (406) 251-3344
www.peakmissoula.com

THE WOMEN'S CLUB
2105 Bow
Missoula, MT 59801
Phone: (406) 728-4410
www.thewomensclub.com

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free or at a reduced charge to patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

NEEDYMEDS.COM

www.needymeds.com
Phone: (215) 625-9609

Services Provided: This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The web site has a listing of pharmaceutical company programs, medications and applications for many programs. NeedyMeds is an information source, not a program itself.

MEDICARE PART D

www.dphhs.mt.gov 1-800-MEDICARE

Services Provided: To learn more about the Medicare-sponsored drug insurance program, call 1-800-MEDICARE or the State Health Insurance Assistance Plan at 1-800-551-3191.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Phone: 1-888-477-2669 Web: http://www.pparxmt.org/

Services Provided: Drug companies, doctors, health care providers, patient advocacy organizations and community groups have combined resources to help qualifying uninsured people get free or discounted prescription medications.

BIG SKY RX

Phone: 1-866-369-1233

Services Provided: Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare – Medicare Part D. For more information, call the number above or write to: Big Sky Rx, P.O. Box 202915, Helena, MT 59620.

TOGETHER RX

Phone: 1-800-444-4106 Web: www.TogetherRXAccess.com

Services Provided: The Together RX Access program was created as a public service to provide savings on prescriptions for eligible residents who have no prescription coverage.

SMOKING CESSATION PROGRAMS

If you smoke or use tobacco products, QUIT! Smoking increases the risk of heart attack and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

QUIT FOR LIFE TOBACCO CESSATION

St. Patrick Hospital
500 W. Broadway
Missoula MT 59802
Phone: (406) 329-5740

Services Provided: Quit for Life is a five-class program offered once a month. One of the objectives of the class is to give participants the tools they need to stay away from any form of tobacco. For more information or to register for the next Quit for Life session, call St. Patrick Hospital at the number listed above.

TOBACCO QUIT LINE

Montana Tobacco Use Prevention Program
Phone: 1-866-485-QUIT (7848)

Services Provided: The Tobacco Quit Line is a free telephone service for all Montana residents. Smokers, chewers, family members and health care providers are all welcome to call for tobacco cessation information. The program includes coaching sessions, individualized quit plans, nicotine replacement therapy, and Chantix at a reduced cost. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.

CARDIOLOGY

CARDIOPULMONARY ASSOCIATES OF MONTANA, PLLC
601 Spruce, Suite A
Missoula, MT 59802
Phone: (406) 329-2945

INTERNATIONAL HEART INSTITUTE OF MONTANA
554 W. Broadway Street
Missoula, MT 59802
Phone: (406) 329-5615 or 800-473-4558

MONTANA HEART CENTER
Community Medical Center
2827 Fort Missoula Rd
Missoula, MT 59804
Phone: (406) 327-4646

WESTERN MONTANA CLINIC
500 W Broadway 6th Floor
Missoula, MT 59802
Phone: (406) 721-5600

NEUROLOGY

MONTANA NEUROBEHAVIORAL SPECIALISTS
900 N. Orange Street
Missoula, MT 59802
Phone: (406) 327-3380

LENNARD WILSON, MD
2835 Fort Missoula Rd. #203
Missoula, MT 59804
Phone: (406) 327-4091

SPECIALTY CLINICS & PROGRAMS

These clinics and programs provide specialty services that may be appropriate for certain individuals recovering from heart attack or stroke.

COMMUNITY MEDICAL CENTER STROKE PROGRAMS

2827 Fort Missoula Road
Missoula, MT 59802
Phone: (406)

Services Provided: Community Medical Center is certified by the Joint Commission (the nation's leading healthcare quality organization) as an Advanced Primary Stroke Center. With Community Medical Center, stroke care begins in the Emergency Department, with a continuum offering comprehensive rehabilitation, day treatment, outpatient rehabilitation and support groups.

ST. PATRICK HOSPITAL ADVANCED PRIMARY STROKE CENTER

500 West Broadway
Missoula, MT 59802
406 329-2685
www.saintpatrick.org

Services Provided: St. Patrick Hospital award winning Advanced Primary Stroke Center treats stroke patients with a multidisciplinary team of stroke experts who provide 24-hour rapid response and secondary stroke prevention. Stroke care starts in the Emergency Department and continues through inpatient hospitalization and rehabilitation. A leading edge radiology facility ensures the highest standard of care and the most accurate diagnostic techniques, therapeutic developments and interventional options to stop a stroke in progress and minimize the potential damage. The Advanced Primary Stroke Center's comprehensive care extends beyond hospitalization, as specialists provide stroke prevention, stroke survivor support, and extended rehabilitation.

COMMUNITY BRIDGES

2685 Palmer Street Suite D
Missoula, MT 59808
Phone: (406) 327-4349

Services Provided: Community Bridges is a program of Community Medical Center's Rehabilitation Center. The program offers comprehensive day treatment, residential, and outpatient therapy services for individuals who have had a brain injury or have other neurological diagnoses, such as stroke. They assist individuals in their transition to the community, facilitating connections with resources and fostering supports that will enable them to be more independent in their home, work and recreation.

CARDIOPULMONARY ASSOCIATES OF MONTANA, PLLC

601 W Spruce, Suite A
Missoula, MT 59802
Phone: (406) 329-2945

Services Provided: CardioPulmonary Associates offers clinical and diagnostic cardiology, interventional cardiology, pacemakers, and echocardiology.

THE INTERNATIONAL HEART INSTITUTE

St. Patrick Hospital and Health Sciences Center
554 W. Broadway
Missoula, MT 59802
www.saintpatrick.org/ihi
Phone: (406) 728-4559 or 800-473-4558

Services Provided: The International Heart Institute of Montana (IHI) brings together a recognized team of cardiologists, heart surgeons, nurses and researchers to perform advanced cardiac procedures and to search for new and improved ways to treat heart disease. Founded in 19195, IHI involves physicians and staff of St. Patrick Hospital and Health Sciences Center and The University of Montana. IHI has clinics in Missoula, Kalispell, Hamilton, Helena and Anaconda. IHI physicians travel to other communities in western Montana to provide medical consultations as well.

MONTANA HEART CENTER

Community Medical Center
2827 Fort Missoula Rd
Missoula MT 59804
Phone: (406) 327-4646

Services Provided: The Montana Heart Center provides Now cardiology services and stress testing, nuclear cardiology, echocardiography, heart catherization (diagnostic and stent placement), and peripheral angiography.

PARTNERSHIP HEALTH CENTER

323 W. Alder
Missoula, MT 59802
Phone: (406) 258-4789

Services Provided: Partnership Health Center provides affordable primary care services based on a sliding scale. In addition to being staffed with physicians and mid-level providers. Partnership Health Center has an extensive referral network. Services target individuals with limited income or no health insurance in the Missoula region.

MISSOULA INDIAN CENTER
Building #33, Fort Missoula Road
Missoula, MT 59804
Phone: (406) 829-9515
www.missoulaindiancenter.org

Services Provided: The purpose of the Missoula Indian Center (MIC) is to promote and foster the health, education and general welfare of urban Native Americans in and around Missoula. MIC provides an information and support system to the Native American community by networking with local health and human service organizations to provide culturally competent services. Programs include health and diabetes, chemical dependence programs, tobacco cessation referrals, and mental health services.

NEW DIRECTIONS
University of Montana
Skaggs Bldg Room 113
Missoula, MT 59802
Phone: (406) 243-4016

Services Provided: New Directions is a University of Montana program that offers wellness and fitness programs for people with physical limitations and disabilities. Classes and workshops on wellness, pain management, nutrition and physical therapy are provided. Fees are based on a sliding-fee scale and some services may be covered by your insurance.

CONSUMER HEALTH INFORMATION

These organizations and web sites are sources of credible medical and health information.

SENIOR INFO LINE AND RESOURCE CENTER – MISSOULA AGING SERVICES

337 Stephens
Missoula, MT 59802
Phone: (406) 728-7682
www.missoulaagingservices.org

Services Provided: Missoula Aging Services is responsible for planning, coordinating and delivering services which support Missoula County's older residents, their families and caregivers by:

- Promoting independence and dignity
- Serving elders with the greatest need
- Providing easy access to services
- Providing opportunities for seniors to make a difference in their communities
- Providing consumer education and advocating for quality services

ST. PATRICK HOSPITAL REFERENCE SERVICE

500 W. Broadway
Missoula MT 59802
Phone: (406) 329-5711

Services Provided: The library is open to the general public to access medical and consumer health information. The librarian is available to assist you with finding information within their collection or on the Internet.

CONSUMER HEALTH INFORMATION & WEBSITES

American Council on Exercise
www.acefitness.org/fitfacts/

American Dietetic Association
www.eatright.org

American Heart Association
www.americanheart.org

American Stroke Association
www.strokeassociation.org

Community Medical Center
www.communitymed.org

St. Patrick Hospital and Health Sciences Center
www.saintpatrick.org

Montana Association of Cardiovascular & Pulmonary Rehabilitation
www.angelfire.com/mt2/macvpr/

Montana Cardiovascular Health Program
http://montanacardiovascular.mt.gov

Montana Dietetic Association:
www.montanadieteticassociation.org

Missoulian-2009 undercover Missoula
http://www.missoulian.com/uncover/living_seniors.html

Missoulian
http://www.missoulian.com/health/lifelines.txt

National Heart, Lung and Blood Institute
www.nhlbi.nih.gov

Social Security Administration
www.socialsecurity.gov

USDA Food Guide Pyramid
www.mypyramid.org

SIGNS OF HEART ATTACK AND STROKE

It is extremely important to be aware of the warning signs of a heart attack or stroke. Treatments are available to reverse the detrimental effects but can only be initiated within a short period of time after symptom onset. Familiarize yourself with the following warning signs recognized by the American Heart Association:

Heart Attack: Symptoms can come on quickly with intense pain or discomfort. However, symptoms commonly start out less intense, leading some to believe it is not an emergency. Common symptoms include:

- Chest discomfort
- Pain or discomfort in the shoulders, arms, neck or jaw
- Shortness of breath
- Nausea
- Lightheadedness
- Sweating

Stroke: Symptoms of stroke are usually characterized by a rapid onset. Many times, individuals having a stroke are confused and may not understand what is happening. Common symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If you or someone you witness experience one or more of these symptoms, call 911 immediately.

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QUESTIONS

If you have questions about this resource guide, contact:

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Helena, MT 59620
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E-mail: mmclaury@mt.gov

WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Missoula-area guide.

1.Was this guide useful? □ Yes □ No

2.Which sections did you use as a reference?

□ Cardiac Rehab Facilities
□ Diabetes Management Programs
□ Nutrition Education/Counseling
□ Physical Activity
□ Smoking Cessation
□ Specialists
□ Specialty Clinics & Support Services
□ Consumer Health Information

3. What other kinds of information would be useful to include in this guide?

4. Other comments or suggestions:

Please return this form to:
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Montana Department of Public Health &Human Services
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